

SUNDAY

Breakfast French Toast with bacon strips and a cup of Oatmeal or Farina.

Lunch Chunky Vegetable Soup, Sweet & Sour Chicken with White Rice and Oriental Vegetables OR Deli Roast Beef Sandwich. Mandarin Oranges for Dessert

Dinner Beef Brown Gravy, Mashed Potatoes and Baby Peas OR Grilled Ham Melt. Apple Crisp for Dessert.

MONDAY

Breakfast Scrambled Eggs with Home Fries w/Onions and a cup of Oatmeal or Farina.

Lunch Chicken Noodle Soup, Pork Roast with Mashed Potatoes and Green Beans OR Fried Chicken. Fruit Cocktail for Dessert

Dinner Macaroni & Cheese with Stewed Tomatoes OR Egg Salad Sandwich. Chocolate Brownie for Dessert.

TUESDAY

Breakfast Homestyle Pancakes with Scrambled Eggs and a cup of Oatmeal or Farina.

Lunch Cream of Cauliflower Soup, Virginia Baked Ham with Sweet Potatoes and Collard Greens OR Meatball Sub w/provolone. Apple Pie for Dessert.

Dinner Baked Tilapia with Parsley Orzo & Peas & Carrots OR Italian Sausage Sandwich. Pineapple Tidbits for Dessert.

WEDNESDAY

Breakfast Ham & Cheese Omelet and a cup of Oatmeal or Farina.

Lunch Chicken Vegetable Soup, Lasagna Homestyle with Italian Green Beans OR Chicken Cheese Steak Sandwich. Sherbet for Dessert

Dinner Spicy Pork Stir Fry with White Rice and Oriental Vegetables OR Hot Dog on a Bun. Strawberry Shortcake for Dessert.

THURSDAY

Breakfast Waffles & Egg Patty and a cup of Oatmeal or Farina.

Lunch Vegetarian Split Pea Soup, Chicken Marsala with Noodles and Broccoli Florets OR Deli Roast Beef Sandwich. Gelatin Cubes for Dessert

Dinner Cheeseburger on a Bun with Steak Fries and Coleslaw OR Grilled Turkey Melt. Diced Peaches for Dessert.

FRIDAY

Breakfast Scrambled Eggs & Fried Hash Brown Potatoes, and a cup of Oatmeal or Farina.

Lunch Minestrone Soup, Italian Breaded Fish with Rosemary Garlic Potatoes and Mixed Vegetables OR Breaded Veal w/gravy. Yellow Cake for Dessert

Dinner Marinated Chicken Thigh with Vegetable Rice and Scandinavian Blend Vegetables OR Grilled Cheese Sandwich. Sliced Pears for Dessert.

SATURDAY

Breakfast Spanish Omelet & Coffee Cake and a cup of Oatmeal or Farina.

Lunch Italian Wedding Soup, Salisbury Steak with Mashed Potatoes and Green Beans OR Tuna Melt on a Muffin. Diced Fruit for Dessert

Dinner Manicotti Parm with Marinara Sauce and Garden Salad OR Open Face Beef Sandwich. Ice-cream for Dessert.

WEEK 3



PREFERRED CARE